



Sprouts

Growing Healthy Habits
Preparation Information Overview



Lesson 1: Farm to Table

Activity	Timing	Tasks
Discussion about farm to table steps with worksheet activity	5 minutes	<ul style="list-style-type: none">• Make copies of the included <i>Farm to Table worksheet</i> and <i>Farm to Table cut-outs</i>- enough for each student.
	5 minutes	<ul style="list-style-type: none">• Cut out each picture and put glue sticks, worksheet, and enough cut-outs for each child.
Planting a seed	20 minutes	<ul style="list-style-type: none">• Purchase materials: soil, dixie cups, radish seeds, sandwich bags, ribbon
	10 minutes	<ul style="list-style-type: none">• Make copies of the <i>planting instructions</i> and cut out for each child, punch a hole for ribbon tie.
	15 minutes	<ul style="list-style-type: none">• Fill dixie cup with 2/3rd soil and place cup, seeds, sandwich bag, and instructions at each child's desk or table.



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Lesson 2: Food Groups and Shopping

Activity	Timing	Tasks
Food Group Demonstration	5 minutes	<ul style="list-style-type: none">• Print out examples of food items for each food group category (i.e., Fruit- apple, Vegetable- carrots, Protein- Chicken or beans, Dairy- Milk, Grains- whole grain rice)
Shopping at the store	20 minutes 10 minutes 15 minutes	<ul style="list-style-type: none">• Make copies of the included <i>My Plate Worksheet</i> and <i>food picture cut-outs</i>.• Cut out food options enough for each child to have one from each food category• Set up <i>food group table tents</i> like grocery store isles and in each isle lay out food cut-outs- children will pick one item from each category to glue on their <i>My Plate Worksheet</i>



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Lesson 3: Family mealtime

Activity	Timing	Tasks
Family Mealtime	20 minutes	<ul style="list-style-type: none">• Purchase materials: for pasta salad- pasta, veggies, dressing ingredients, bowls, forks, napkins
	40 minutes	<ul style="list-style-type: none">• Prepare Salad: cook pasta, wash and cut veggies, prepare dressing- separate pasta and veggies into different bowls
	5 minutes	<ul style="list-style-type: none">• Activity set up: place bowls, forks, and napkins on tables and have children mix in the pasta salad ingredients for each station.



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Lesson 4: Eat a Rainbow

Activity	Timing	Tasks
Food Sampling	5 minutes	<ul style="list-style-type: none">Print out 5 color station table tents and make copies of <i>I tasted the rainbow coloring sheet</i>
	25 minutes	<ul style="list-style-type: none">Shopping: select 1-2 fruits from each color station (ex. Red- apple and watermelon) and buy one fruit to cut up and another for display; tooth picks or forks, plates or napkins
	35 minutes	<ul style="list-style-type: none">Cut up fruit and place in sealed containers 1-2 days before lesson
	10 minutes	<ul style="list-style-type: none">Activity set up: place napkins/plates, tooth picks/forks at tables, and table tents at each station or area according to color of fruit (if children are waiting at stations have them color the <i>I tasted the rainbow coloring sheet</i>



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Lesson 5: Snacks

Activity	Timing	Tasks
Snack Attack activity	5 minutes	<ul style="list-style-type: none">• Make copies of the <i>Snack Attack</i> activity bracket



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Lesson 6: Beverages

Activity	Timing	Tasks
Sugar cube activity	15 minutes 5 minutes 5 minutes	<ul style="list-style-type: none">• Shopping: Purchase sugar cubes enough only for instructor demonstration (16 cubes), stickers or small cut-out pieces of paper representing sugar cubes• Make copies of the <i>Sugary Beverages Sheet</i>• Activity Set up: Hand out stickers and <i>sugary beverages sheet</i> to each child



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Lesson 7: Energy Balance

Activity	Timing	Tasks
Energy Balance	10 minutes	<ul style="list-style-type: none">• Make copies of the <i>Energy Scale Worksheet</i>, the <i>physical activity cut-outs</i>, and the <i>food picture cards</i>
	10 minutes	<ul style="list-style-type: none">• Cut out both the <i>physical activity</i> and <i>food picture cards</i>
	5 minutes	<ul style="list-style-type: none">• Activity set up: Hand out worksheet and cut-outs enough for each child and glue sticks on each table for children to share



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Lesson 8: Healthy Screen Time

Activity	Timing	Tasks
Activity Dice	5 minutes 10 minutes 5 minutes	<ul style="list-style-type: none">• Make copies of the <i>Activity Dice</i> and <i>Alternative activity cut-outs</i> for each child• Cut out enough <i>Alternative Activity cut-outs</i> for each child to have at least 6 each.• Activity set up: hand out activity dice worksheet, cut-outs, glue sticks, and coloring supplies for children to use at tables or stations



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Lesson 9: Healthy Sleep Habits

Activity	Timing	Tasks
Sleep Habits	10 minutes 10 minutes 5 minutes	<ul style="list-style-type: none">• Make copies of the <i>Healthy Sleep Habits Worksheet</i> and the <i>Sleep Habits cut-outs</i>• Cut out the <i>Sleep Habits cut-outs</i>• Activity set up: Hand out worksheets and cut-outs enough for each child and glue sticks on each table for children to share